

### CONVERSION TABLE

INCHS	CMS	INCHS	CMS
4'06"	140	5'05"	165
4'07"	141	5'06"	168
4'08"	143	5'07"	170
4'09"	145	5'08"	173
4'10"	147	5'09"	175
4'11"	150	5'10"	178
5'00"	152	5'11"	180
5'01"	155	6'00"	183
5'02"	157	6'01"	185
5'03"	160	6'02"	188
5'04"	163	6'03"	190

### HEIGHT WEIGHT CHART FOR NON-MEDICAL CASES (MEN AND WOMEN)

Height In Cms	AGE IN YEARS										
	18-22	23-27	28-32	33-37	38-42	43-45	46-50	43-45	46-50	43-45	46-50
	Min-Max	Min-Max	Min-Max	Min-Max	Min-Max	Min-Max	Min-Max	Min-Max	Min-Max	Min-Max	Min-Max
140-145	41-52	41-53	43-56	43-57	43-59	43-60	43-60	43-60	43-60	43-60	44-60
146-150	43-54	43-56	44-59	45-60	45-60	45-60	45-60	45-61	45-61	45-61	46-62
151-155	45-56	46-58	46-62	47-64	47-64	47-64	47-64	47-64	47-64	47-64	48-65
156-160	48-59	48-61	48-65	50-67	50-67	50-67	50-67	50-68	50-68	50-68	51-69
161-165	51-62	51-65	51-69	53-71	53-71	53-71	53-71	53-72	53-72	53-72	54-73
166-170	54-66	54-69	55-73	56-75	56-75	56-75	56-75	56-76	56-76	56-76	57-77
171-175	58-71	58-73	58-78	60-80	60-80	60-80	60-80	60-81	60-81	60-81	61-82
176-180	61-75	62-78	62-83	64-85	64-86	64-86	64-86	64-87	64-87	64-87	65-88
181-185	65-80	65-83	66-88	68-90	68-92	68-92	68-92	68-93	68-93	68-93	69-94
186-190	69-85	69-89	70-94	72-96	72-97	72-97	72-97	72-98	72-98	72-98	73-99

Note:

\* The chart applies to all communities.

\* For girls the standard weight should be taken as 2 cms, less than the actual height of the girl.